

## Online Resources for Parents

**How To Ease Children's Anxiety About COVID-19:** <https://www.nami.org/Blogs/NAMI-Blog/March-2020/How-to-Ease-Children-s-Anxiety-About-COVID-19>

**Helping Children Cope with Changes Resulting from COVID-19:** <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

**Supporting Teenagers and Young Adults During the Coronavirus Crisis (English):**  
<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

**Supporting Teenagers and Young Adults During the Coronavirus Crisis (Spanish):**  
<https://childmind.org/article/coronavirus-confinamiento-y-adolescentes/>

**Harvard Health Blog:** <https://www.health.harvard.edu/blog/school-closed-due-to-the-coronavirus-tips-to-help-parents-cope-2020031819238>

**Rooted in Love (Video Resource):** <https://www.youtube.com/watch?v=2OjjWh-8Iv0&feature=youtu.be>

**Grown and Flown:** <https://grownandflown.com/things-teens-can-do-social-distancing/>

**Grown and Flown:** <https://grownandflown.com/family-depends-on-me/>

**Taking Care of Your Behavioral Health:** <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>